

The New Hampshire WIC Register

Train the Trainer Class

The New Hampshire WIC Program is offering a class for trainers. This training is designed for individuals who are responsible for the training of new employees or re-educating employees who need further training. The trainer's class will cover the rules and regulations, how to use the training materials, redemption, product identification, upcoming changes in the WIC Program and understanding the WIC Program as well as updates on eWIC. This training is optional for those stores that wish to take advantage of it.

The training will be held on **April 16, 2019**. We will offer a morning and afternoon session. Training will be 9:00 am to 12:00 pm or 1:00 to 4:00 pm. Seats will be reserved on a first come first serve basis. The training will be held at the Department of Health and Human Services, 29 Hazen Drive, Concord, NH.

To register for this training you will click on the link below to register. You must choose which class (am or pm) you would like to attend.

<https://www.eventbrite.com/e/new-hampshire-ewic-train-the-trainer-class-tickets-58644074004>

New Hampshire WIC Shopper App

Is your store using the new WIC Shopper app. This tool will help you decide if a product is WIC approved by scanning the UPC code. You can also submit a UPC code if you feel it is missing from the APL list. To get the app following the instructions below:



WIC SHOPPER
Simplify your WIC shopping

- 1 Install WIC Shopper from your app store.
- 2 Select New Hampshire as your WIC Agency.
- 3 Scan product bar codes to identify WIC allowed foods as you shop.
- 4 View Allowable Foods List, recipes and more right from the app!

Download
<http://www.ebtrshopper.com/download/>

This institution is an equal opportunity provider.

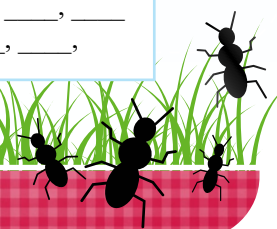
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NH WIC inspires, promotes and supports healthy behaviors.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provide nutritious foods, nutrition education, breastfeeding support, and health care referrals to low-income women, infants, and children. The WIC Program is a federally funded program offered by the Food and Nutrition Service, US Department of Agriculture. The NH Department of Health and Human Services, Division of Public Health Services, Nutrition Services Section operates WIC in New Hampshire.

Register Routing: Store Owner(s)____, ____ Store Manager____, ____ Assistant Manager____, ____ CSM'S____, ____ Grocery Managers____, ____ Bookkeeper____, ____ Trainers____, ____ Head Cashiers____, ____ Service Desk Personnel____, ____ Other Store Personnel____, ____



Nutrition Corner

Spring Cleaning in the Kitchen

Spring is here! While tackling your spring cleaning, why not clean your kitchen as well? Here are some tips to help clean up:

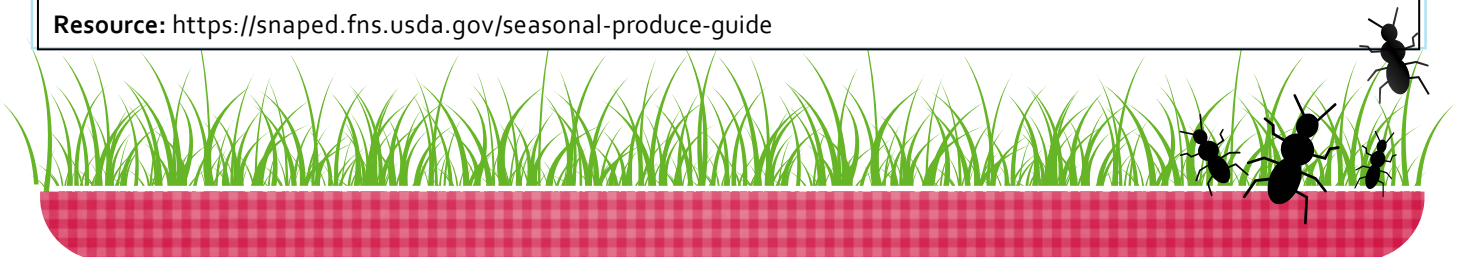
Clean Your Pantry: We are all guilty of letting food sit a little too long on our shelves. Take time to pull out everything from your pantry and throw out any expired items. Put foods that will expire soon towards the front of the pantry so you can use them before they go bad. Try planning meals around foods that have been hanging out in your pantry for awhile.

Clean Your Fridge: Pull everything out of your fridge and give it a good wipe down. Just like with your pantry, throw away expired items, (remember to look through your condiments!), and put foods that will expire first in the front. Make sure your refrigerator is set below 40°F to keep your foods in a safe temperature range.

What Fruits and Vegetables are in season?...

- | | | |
|-------------|-------------|----------------|
| • Apples | • Celery | • Onions |
| • Asparagus | • Kale | • Peas |
| • Avocados | • Kiwi | • Pineapple |
| • Bananas | • Lemons | • Radishes |
| • Broccoli | • Lettuce | • Spinach |
| • Cabbage | • Limes | • Strawberries |
| • Carrots | • Mushrooms | • Swiss Chard |

Resource: <https://snaped.fns.usda.gov/seasonal-produce-guide>



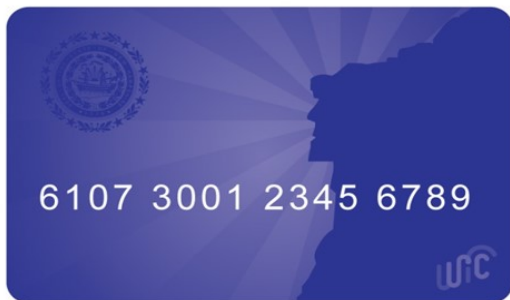
eWIC Updates

We would like to thank you all for your continued support during the transition from paper vouchers to the new eWIC card.

The transition to the eWIC card began with the pilot in July with Carroll and Stafford counties. The pilot was a huge success! The rollout continued to the other counties in the State and was completed by the end of October 2018.

The Ending of the Voucher Era!

The last paper invoice was paid on March 5, 2019. Merrilee came back from retirement to see the final voucher get paid to the vendor. The WIC Program had been paying paper vouchers for 40 plus years.



WIC Program is Looking for New Vendors

Now that the transition from paper vouchers to the eWIC card is complete we are seeking new vendors in New Hampshire to join our vendor community in supplying nutritious food to the women, infants and children in New Hampshire.

Retailers wishing to apply to become a WIC vendor must have the capability to operate either an integrated or non-integrated multi-function system in order to accept WIC benefits. In either system, when a eWIC Card is swiped, the device will obtain the benefit balance for the WIC customer and match the scanned food/formula items against the New Hampshire Approved Product List (APL) to accept the WIC customer's purchases.

To find out more information or to request an application packet please contact: Laurie Desmarais at 603-271-4935 or email at: laura.desmarais@dhhs.nh.gov.



Minimum Stocking Requirements

Effective April 1, 2019 the minimum stocking requirements have been updated for all WIC authorized vendors. These changes will help our small stores with stocking requirement. The new minimum stocking requirements can be found at:

<https://www.dhhs.nh.gov/dphs/nhp/wic/vendors.htm>

Changes to the WIC Approved Food List

The WIC Program is currently updating the WIC Approved Food List. The new food list will effective July, 2019. As more information is available we will share it with you.

WIC FAQs (Frequently Asked Questions)

This section is a summary of questions that we receive at the State WIC office. If you have any questions related to WIC business, we encourage you to call Laurie Desmarais, Vendor Manager at 1-800-852-3310 ext.4935.

Q: How can my store request an item be put on the APL list?

A: You can go to the WIC vendor website located at: <https://www.dhhs.nh.gov/dphs/nhp/wic/vendors.htm> and print the UPC Approval form. Complete the information required and submit it to the WIC Program per the instructions on the form.

Q: How many times can a cardholder try to enter their pin number before it locks them out?

A: They get four tries before they are locked out. If this happens they will need to call the number on the back of the card to have their account unlocked and change their pin number. It will also automatically unlock at midnight.

If you have any questions regarding the content of this newsletter, please contact Laurie Desmarais at 800-852-3310 Ext. 4935 or email lfdesmarais@dhhs.nh.gov.

